## CLAIMS

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What is claimed is:

1. A method of displaying an image comprising the steps of:

providing a matrix liquid crystal display;
writing an image to the display;
clearing the image from the display;
flashing a light source; and
repeating the steps of writing, clearing and
flashing to produce a second image.

- 2. The method of displaying an image of claim 1 further comprising the steps of allowing the liquid crystal image to rotate towards an equilibrium prior to flashing the light source.
- 15 3. The method of displaying an image of claim 2 wherein the flashing of the light source ends before the writing of the next image.
  - 4. The method of displaying an image of claim 2 wherein the flashing of the light source continues for a specific time period of the writing of the next image.
  - 5. The method of displaying an image of claim 1 wherein the matrix liquid crystal display is an active matrix liquid crystal display having a plurality of pixel electrodes, a counterelectrode and an interposed liquid crystal.
  - 6. The method of displaying an image of claim 5 wherein the step of clearing the image from the display comprises the step of intializing the pixel electrodes to a set voltage.

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- 7. The method of displaying an image of claim 6 wherein the flash ends a set time period after the step of intializing the pixel electrodes to a set voltage.
- 8. The method of displaying an image of claim 1 wherein the clearing the image is varying the voltage of the counterelectrode.
  - 9. The method of displaying an image of claim 8 wherein the flash ends a set time period after the step of varying of the counterelectrode.
- 10 10. A method of controlling a liquid crystal in a display comprising the following steps:

providing an active matrix circuit having an array of transistor circuits formed in a first plane, each transistor circuit being connected to a pixel electrode in an array of pixel electrodes, and a counterelectrode panel extending in a second plane that is parallel to the first plane, such that the counterelectrode panel receives an applied voltage; switching the applied voltage to the

counterelectrode panel after every subframe.

- 11. The method of Claim 10 wherein the voltage of the counterelectrode varies by twice the amplitude as the video.
- 12. A method of writing an image to a liquid crystal display comprising the steps of:

providing an active matrix liquid crystal display having a plurality of pixel electrodes, a counterelectrode and an interposed liquid crystal setting a voltage to each pixel electrode;

allowing the liquid crystal to rotate towards an equilibrium; and

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flashing a backlight; and initializing the pixel electrodes to a set voltage.

13. The method of claim 12 wherein the liquid crystal is driven black and the pixel electrodes are initialized to a clear state.

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The method of claim 12 further comprising the steps of:

repeating the setting, rotating, flashing and driving for each color subframe of the image; and sensing the properties of the liquid crystal; and heating the liquid crystal between frames when required.

- 15. The method of claim 12 further comprising the step of repeating the setting, rotating, flashing and driving for each color subframe of the image at a rate of over 165 subframes per second.
  - 16. The method of claim 13 further comprising the steps of:

repeating the setting, rotating, flashing and driving for each color subframe of the image at a rate of over 165 subframes per second; and

sensing the properties of the liquid crystal; and heating the liquid crystal between frames when

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17. The method of claim 16 further comprising the steps of:

providing a portable display system having a housing carrying the liquid crystal display; and

operating at least at 15 MHz a memory card reader located within the bousing for displaying video on the display from a memory card that docks with the card reader.

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